

NAME: Super Better Game

SOURCE: Super Better by Jane McGonigal

INTENTION: This exercise provides a lovely metaphor to understand and promote resilience. I find it a useful method to help people shift into the “Discoverer” perspective in the DNA-V model, as well as a way to play with perspective, values, and intentional actions.

MATERIALS:

1. TED talk: Jane McGonigal - Super Better: 19:30 - (<https://www.youtube.com/watch?v=lfBpsV1Hwqs>)
2. Worksheet
3. Writing Utensils
4. Whiteboard or similar

SCRIPT: (Written instructions for Group Leader)

We are going to start by watching a video about how to turn life challenges into a game. There are several exercises the presenter will invite the audience to do and I want you to play along.

Show video.

Alternative: This is an engaging video, but for groups who cannot sustain attention for nearly 20 minutes or situations where you can't access the video, leaders can cherry-pick concepts and activities from the video to facilitate a group.

So let's see if we can use some of these ideas to create a game for ourselves (provide worksheet)

1. ***Think about your life and the challenges you face. If this were a game what would you name it (recall name of the presenters game).***
2. ***What is your secret identity? Think of the role you would like to play, your avatar. Would you play a conqueror, wizard? Would you want your character to reflect values like wisdom, bravery, compassion, strength?***
3. ***Who can you make your allies? The presenter included her sister and husband, who could you include? You might even recruit the help of things like God, or a set of guiding principles, or a force for good.***
4. ***Now let's identify some power-ups.*** Walk group through definitions of physical, mental, emotional, and social resilience, recalling examples from video and providing suggestions as they write down some ideas.
5. ***Let's share some ideas so others in the group can include things they may not have thought about.***
6. ***Finally, What is your secret mission? If you are adding time to your life through playing this game, what would you like to use it for? What would you consider a valuable or meaningful mission to complete?***

DISCUSSION: Possible questions or topics to address

- What is the difference between approaching challenges like work or school verses approaching them from the perspective of playing a game? How do you respond in a videogame if you fail to meet a challenge or move to another level? How is that different if you fail to do something in life?
- If using the DNA-V model leaders might explore the extent to which people's "advisor" tends to turn life into a test or a job verses a game and how the "discoverer" is much more like playing a game.
- If using ACT leaders might explore how viewing life like a game might help people hold their thoughts and feelings about outcomes a little more lightly and how this might allow for more flexibility in the process of discovering a more workable approach.
- What did you name your game? What does this suggest about your mission in life?
- What did you choose as you secret identity and what might this suggest about what qualities you would most like to express? Who do you want to be in this game of life?
- Who are your allies? Would you consider talking to them about the game you want to play and how they could play a role in it? What role would you want them to play?
- What is your secret mission?
- In video games what works at one level may not work at another level. Things change and often new challenges emerge. The power-ups that work now may not always work. When you are playing a game and an approach that was working, stops working, how do you know? How do you respond?
- How can we stay flexible and adapt as the game changes?
- How can we accept feelings like failure, frustration, and discouragement, learn from them and persist in playing the game?

Name of Your Game: _____

Secret Identity: _____

Allies: _____

POWER-UPS			
PHYSICAL	MENTAL	EMOTIONAL	SOCIAL

Secret Mission: _____